



# Short Safety Subject

## **Fitting Kevlar Helmet**

Head injuries are the leading cause of death in ground vehicle accidents. They also lead the list of severe injuries that could have been prevented. One important preventive feature is to ensure your personnel armor system, ground troop (PASGT) helmet, a.k.a. the Kevlar, fits correctly. Correct sizing improves not only the fit, but the function of your helmet.

Determining the correct size helmet to issue is the responsibility of the Central Issue Facility (CIF) that services your unit or installation. The proper procedure for sizing the Kevlar includes obtaining three separate measurements of the head.

The first measures the circumference of the head using a tape measure placed just above the eyebrows and above both ears. Secondly, head length is measured using calipers. Lastly, the head width is measured by using calipers. The soldier is then issued a helmet based on the largest of the three measurements.

A properly fitted helmet will:

- Maintain at least 1/2-inch stand-off from your head in all directions. The helmet will be cooler and more comfortable to wear; more importantly, the protective capabilities are more effective.
- Be comfortable and remain stable on your head whether you are marching, running, or hitting the dirt.
- Be compatible with your weapons, equipment and clothing, even in the prone position.

The Kevlar is the best protective helmet in the world. However, if not properly sized, the helmet may not provide the protection that it was designed to provide.